



Fit Business Tips of the Month

MARCH

March is National Nutrition Month, and what better time to say goodbye to those silly fad diets and hello to a lifetime of good health! As the weather gets warmer and the days get longer, our choices for fresh, California-grown fruits and vegetables abound, and the climate for outdoor physical activity is perfect! This month's fruit and vegetable of the month—grapefruit and collard greens, are two nutrient-dense foods that are perfect for incorporating into your favorite spring-time dishes. For more information on National Nutrition Month, check out www.eatright.org.

QUICK AND SIMPLE TIPS

100% Fad Free! Fad diets come and go, and some may even help you lose weight – in the short term. But if you want to lose weight and keep it off, you'll need to do it 100% fad free! Weight loss is about changing your lifestyle. "If you eat less you will lose weight. The question is, can you maintain a healthy lifestyle over the long term – your life? The real key to reaching long-term goals is to focus on your overall health," said Roberta Anding, a Registered Dietitian and spokesperson for the American Dietetics Association. Here are some tips to help you live a fad free life:

Develop an eating plan for lifelong health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to the basics and use the new [MyPyramid](#) as your guide to healthy eating.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases. Take advantage of the great California weather and head outside during your breaks. Walk to a nearby farmers' market, pick a dining spot 10 to 15 minutes away and walk to and from with your colleagues, or head over to a local park and toss a Frisbee around.





March's Fruit of the Month

GRAPEFRUIT

Fun Fact

Grapefruit is 75% water, and for that reason makes great juice. In fact, freshly squeezed grapefruit juice will retain 98% of its vitamin C content for up to a week!

Health Benefits

There are three major types of grapefruit - white, pink/red, and star ruby red varieties. All grapefruit have the same tangy-sweet flavor and are very juicy. The pink and red varieties contain more vitamins than the white. A whole grapefruit contains only 50 calories and is an excellent source of fiber and vitamin C. Including grapefruit in your low-fat diet, along with a colorful variety of fruits and vegetables, will help you to lower your risk of heart disease and some cancers.

Selection

Choose grapefruit that is glossy, round, smooth, and heavy for its size. Avoid any grapefruit with brown and/or soft spots.

Storage

Grapefruit can be kept at room temperature for a week, or up to 8 weeks in the refrigerator. To enhance its flavor, leave the grapefruit at room temperature for a couple of hours before eating.

Preparation Ideas

Grapefruit is easy to incorporate into your day. Enjoy half of a grapefruit in the morning along with your cereal, or take small cans of grapefruit juice with you for lunch instead of soda. Adding peeled segments of grapefruit to your salad is a great way to add a little variety, or simply enjoy the grapefruit plain with a dash of cinnamon.

FEATURED GRAPEFRUIT RECIPE: CHICKEN AND FRUIT SALAD

Ingredients

1	pound roasted chicken breast	2	medium apples (any variety)
1	medium-sized bunch spinach	$\frac{3}{4}$	pound seedless green grapes
2	medium grapefruit	$\frac{1}{3}$	cup fat free Dijon salad dressing

Preparation

1. Remove and discard skin from chicken, and tear chicken into bite-sized pieces.
2. Chop 1 cup loosely packed spinach leaves; set remaining aside.
3. Remove peel from the grapefruit, and separate into individual sections.
4. Cut unpeeled apples into $\frac{3}{4}$ -inch chunks.
5. In a large bowl, combine chicken, chopped spinach, fruit, and salad dressing. Toss to coat.
6. To serve, arrange remaining spinach leaves on a platter; spoon chicken salad over spinach leaves.

Makes 4 servings.

Nutrition Information Per Serving

Calories 374, Carbohydrate 45g, Protein 39g, Total Fat 5g,
Saturated Fat 1g, Cholesterol 96mg, Sodium 236mg, Dietary Fiber 6g

Recipe courtesy of the *National 5 a Day Program*.





March's Vegetable of the Month

COLLARD GREENS

Fun Fact

Collard greens are a southern tradition - and superstitiously thought to bring good luck when eaten on New Year's Day.

Health Benefits

As a dark, leafy green vegetable, collard greens are full of nutritional benefits. High in vitamins C and A, collards are great at helping to keep your immune system in tip-top shape. Including collard greens in your low-fat diet, along with a colorful variety of fruits and vegetables, will help you to lower your risk of heart disease and some cancers, as well as slow the effects of aging.

Selection

Although collard greens are typically available year round, they are at their peak from January through April. The best collards are found in crisp bunches with their leaves still intact. Collard greens can also be found canned and frozen, and are a great alternative to fresh greens in the months when they may be less available.

Storage

Collard greens should be stored in the crisper drawer of the refrigerator or in a plastic bag with holes in it. Collards should be used within a week of purchase.

Preparation Ideas

Prior to cleaning collard greens, be sure to remove any wilted or yellow leaves. Next, dunk the greens into a bowl of lukewarm water a few times to clean. Collards are typically cooked in water before eating, so it is not necessary to completely dry the greens before use. Traditionally, collards are boiled or simmered very slowly with a piece of ham hock for an extended period. This softens the texture and decreases some of their bitter flavor. Greens can also be steamed, microwaved, added to soups, stews, and other dishes. For a less traditional variety, sauté collards with olive oil and garlic, and then toss with whole grain pasta, pine nuts, and feta cheese.

FEATURED COLLARD GREENS RECIPE: SMOTHERED GREENS

Ingredients

6	cups water	½	teaspoon thyme
¼	pound smoked turkey breast, skinless	1	stalk scallion, chopped
1	tablespoon chopped hot pepper	1	teaspoon ground ginger
¼	teaspoon cayenne pepper	¼	cup chopped onion
¼	teaspoon ground cloves	2	pounds of collard greens
2	cloves garlic		

Preparation

1. Place all ingredients except greens into 3-quart pot and bring to a boil
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-sized pieces.
4. Add greens to turkey stock. Cook 20-30 minutes until tender.

Makes 5 servings.

Nutrition Information Per Serving

Calories 80, Carbohydrate 14g, Protein 4g, Total Fat 2g,
Saturated Fat 0g, Cholesterol 16mg, Sodium 378mg, Dietary Fiber 7g

Recipe courtesy of the *National 5 a Day Program*.

